



Orthopedics & Sports Medicine
4 West Street
West Hatfield, MA 01088

ACL Reconstruction Postoperative Instructions

1. Medication

- Pain control – A prescription will be given to you with your discharge instructions. Take them as directed. Narcotic medications tend to slow the bowels. Colace is a stool softener that can be purchased over the counter and can be taken twice a day to help alleviate these symptoms.
- Blood clot prevention – A daily aspirin will help to prevent blood clots in the leg. Take one regular aspirin (325 mg) every morning for two weeks after surgery, if you are not allergic or prohibited by your regular doctor.

2. Wound care

- Ice and elevate (above your heart) your knee. This will alleviate the swelling.
- Wear the brace at all times except when showering and while in the CPM.
- You may put as much weight on your leg as tolerated unless instructed otherwise.
- Make sure that you are comfortable using your crutches before you leave the hospital.
- You may remove your dressings and shower 48 hours after surgery. Replace band-aids on all wounds for the following 2 days.
- Do not submerge (bath tub, pool, hot tub, etc...) your surgical wounds until after the stitches have been removed.
- Your stitches will be removed when you come in for your follow up appointment in 10-14 days.
- Start using the CPM tomorrow. Set it at 0-50' and advance it 5-10' per day. Use it for 6 hours per day.

3. Follow-up appointment

Please call the office shortly after surgery to make a follow-up appointment for about 10-14 days after surgery. At this appointment, we will:

- review the surgery and discuss rehabilitation and activity restrictions.
- discuss your therapeutic goals and course.

4. Problems

If you have any urgent concerns or questions, please call the office. Your surgeon or the physician on call will get back to you as soon as possible.